






















Cohen Dining Menu

September 2018

Monday: \$6.50 for all
 Tuesday—Friday
 Under Age 60: \$6.50
 60 and Older: Suggested \$5.00 Donation

Lunch is offered to the public from 11:00 a.m. — 12:30 p.m., Monday — Friday

Mon	Tue	Wed	Thu	Fri
 Every date marked with a bushel of vegetables includes a vegetarian option.				
3  WE WILL BE CLOSED LABOR DAY	4  Stuffed Haddock or Stuffed Squash V Broccoli Fruit/fruit juice Garden Salad	5 Baked Herb Chicken Fiesta Corn Fruit/fruit juice Garden Salad  Paul Barrett Theresa Hallowell	6 Apple Cider Pork Chops Mashed Potatoes Peas Fruit Salad Garden Salad  Bonnie Hendsbee	7 Baked Ham Au Gratin Potato Green Beans Fruit/fruit juice Garden Salad  Swingtime
10 \$6.50 Cost For All Roast Beef Baked Potato Gravy Fruit/fruit juice Garden Salad	11  Chicken Kabobs Falafel V Lemon Orzo Pasta Zucchini Fruit/fruit juice Garden Salad  Dave McInnis	12 Pork Stir Fry Fried Rice Egg Rolls Fruit/fruit juice Garden Salad  Deb Sandler	13 Beef Stew Herb Biscuits Green Beans Fruit/fruit juice Garden Salad  Country Gentlemen	14 Chicken Cacciatore Pasta Broccoli Fruit/fruit juice Garden Salad  Bonnie Hendsbee
17 \$6.50 Cost For All Chicken Marsala Rice Pilaf Ginger Carrots Fruit/fruit juice Garden Salad	18  Cheese Burger or Walnut Burgers V Roasted Corn Toppings French Fries Garden Salad	19 Meatloaf Gravy Mashed Potatoes Vegetable Medley Fruit/fruit juice Garden Salad  Dave Fisher	20 Haddock Rice Pilaf Roast Butternut Squash Fruit/fruit juice Garden Salad  Paul Barrett Theresa Hallowell	21 Roast Turkey Dinner Garden Salad Fruit/fruit juice  Dave McInnis
24 Center Closed Employee Day	25  Turkey Pot Pie or Vegetable Pot Pie V Roast Squash Fruit/Fruit Juice Garden Salad  Deb Sandler	26 BBQ Chicken Mac & Cheese Broccoli Cole Slaw Fruit/Fruit Juice Garden Salad  Mike Theriault	27 Baked Dill Salmon Baked Stuffed Potato Peas & Mushrooms Fruit/fruit juice Garden Salad  Country Gentlemen	28 Stuffed Pork Chops Roast Potato Mixed Vegetable Fruit/fruit juice Garden Salad  Swingtime

V—Vegan

Please note that the menu is subject to change.

****Mondays are catered by Cohen on the Meadows Catering and \$6.50 is required by all.**

****Tuesday—Friday a donation of \$5.00/meal for individuals 60 and older is suggested. If under 60, a donation of \$3.00/meal is suggested.**
Cohen on the Meadows Catering

Cohen on the Meadows Catering is a division of Spectrum Generations, providing full-service catering and event planning services to the Central Maine area. Our catering team offers fully customizable menus, can accommodate large gatherings or small parties, multiple room rental spaces, flexibility and two locations in Hallowell and Waterville.

All proceeds from Cohen on the Meadows catering are reinvested into Spectrum Generations' Nutrition programs.

For more information please call (207) 620. 1189 (Hallowell) or (207) 660.9267 (Waterville)

Cohen Center Activities

September 2018 A star ★ indicates that registration is required. A check mark indicates that registration is suggested.

Call 626-7777 to register.

Mon	Tue	Wed	Thu	Fri
				
3 CLOSED 	4 9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	5 12:30 p.m. Mahjong 1:00 p.m. Game Day	6 1:00– 4:00p.m. Bridge	7 9:00 a.m. TOPS 12:30 p.m. Book Club
10 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	11 9:00 a.m. Rug Hooking 12:00 pm. Family Care Givers Support 12:45 p.m. Wood Carving 1:00 p.m. Knitting	12 ★ 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Game Day	13 ★ 9:00 a.m. Computer Lessons 1:00-4:00 p.m. Bridge	14 9:00 a.m. TOPS ★ 1:00 p.m. Spirit Readings
17 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	18 9:00 a.m. Rug hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	19 12:30 p.m. Mahjong 1:00 p.m. Game Day	20 ★ 9:00 a.m. Computer Lessons 1:00-4:00 p.m. Bridge	21 9:00 a.m. TOPS 12:30 p.m. Book Club
24 Center Closed Employee Day	25 9:00 a.m. Rug hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	26 ★ 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Game Day	27 1:00-4:00 p.m. Bridge ★ 2:00-3:30 p.m. Cooking Class	28 9:00 a.m. TOPS ★ 1:00 p.m. Spirit Readings



Spectrum Generations is an Equal Opportunity Provider.
Please let us know if you require special accommodations at least two weeks prior to the event.